



Government of the District of Columbia
Department of Parks and Recreation

**DC SENIOR GAMES 2015
ENTRY APPLICATION**

DATES: MAY 4th through MAY 15th, 2015

Opening Ceremony Monday, May 4, 2015

Closing Ceremony Monday, May 18, 2015

Checks/Money orders Only
Make Checks Payable To:

DC TREASURER

Mail To:

DC Senior Games 2015
DC Parks and Recreation
Senior Services Division
1480 Girard Street N.W.
Suite 420
Washington, DC 20009

APPLICATION: Registration fee is \$40.00 per athlete (includes participation in sporting event(s) BOWLING FEES not included) and official tee shirt. All entrants must complete official registration form online, by mail or in person at one of our walk in registration centers.

FOR ACCOMMODATIONS FOR PARTICIPANTS WITH DISABILITIES CALL JENNIFER HAMILTON (202) 664-7153.

NAME: _____
(Last) (First) (Middle Initial)

ADDRESS: _____
(Street) (Zip)

TELEPHONE: _____ **D.O.B.** _____ **AGE:** _____

CHECK PROPER CATEGORIES: ☐ **MALE** ☐ **FEMALE** ☐ 50 – 54 ☐ 55 - 59 ☐ 60 - 64
☐ 65 - 69 ☐ 70 – 74 ☐ 75 - 79 ☐ 80 - 84 ☐ 85 - 89 ☐ 90+

PARTICIPANT SHIRT SIZE: ☐ MEDIUM ☐ LARGE ☐ X-LARGE ☐ XX-LARGE ☐ XXX-LARGE

EXTRA SHIRT(S) SIZE: ☐ MEDIUM ☐ LARGE ☐ X-LARGE ☐ XX-LARGE ☐ XXX-LARGE

Extra shirt \$6.00 x _____ = _____

Name(s) _____

NO REFUNDS

DEADLINE: Friday, April 24, 2015

(OVER)



EVENT SHEET

(RETAIN A COPY OF ALL EVENTS ENTERED)

TRACK EVENTS

- ☐ 10K Run
- ☐ 50 METER DASH
- ☐ 400 METER
- ☐ 1500 METER
- ☐ LONG JUMP
- ☐ 100 METER DASH
- ☐ 5K RUN
- ☐ 800 METER RUN
- ☐ FUN WALK
- ☐ 200 METER RUN
- ☐ 1500 METER RACE WALK

SWIMMING EVENTS

- ☐ 500 YARD FREESTYLE
- ☐ 200 YARD BUTTERFLY
- ☐ 200 YARD BACKSTROKE
- ☐ 100 YARD BREASTSTROKE
- ☐ 50 YARD BACKSTROKE
- ☐ 100 YARD FREESTYLE RELAY
- ☐ 100 YARD BACKSTROKE
- ☐ 25 YARD BREASTSTROKE
- ☐ 200 YARD INDIVIDUAL MEDLEY
- ☐ 50 YARD BUTTERFLY
- ☐ 100 YARD FREESTYLE
- ☐ 25 YARD BACKSTROKE
- ☐ 50 YARD BREASTSTROKE
- ☐ 25 YARD FREESTYLE
- ☐ 100 YARD INDIVIDUAL MEDLEY
- ☐ 25 YARD BUTTERFLY
- ☐ 100 YARD BUTTERFLY
- ☐ 50 YARD FREESTYLE
- ☐ 200 YARD BREASTSTROKE
- ☐ 100 YARD MEDLEY RELAY

(Proper race technique Required)

FIELD EVENTS

ALL TRACK AND FIELD EVENTS WILL BE HELD AT SPINGARN SENIOR HIGH SCHOOL

- ☐ SOFTBALL THROW
- ☐ FOOTBALL THROW
- ☐ SHOT PUT
- ☐ LONG JUMP
- ☐ SOFTBALL GAMES
- ☐ RACE WALK
- ☐ GOLF

INDOOR

- ☐ PICKLEBALL

ADDITIONAL EVENTS

- ☐ HORSESHOE PITCHING
- ☐ TABLE TENNIS (Singles)
- ☐ BILLIARDS 8-BALL (POOL)

TENNIS

- ☐ SINGLES Participant Name _____ Age _____
- ☐ DOUBLES Partners Name _____ Age _____

BASKETBALL EVENTS

- ☐ BASKETBALL THROW/SPOT SHOT
- ☐ MIXED DOUBLES
- ☐ 3 on 3 BASKETBALL Partners Name _____ Age _____

Team Name _____ (all team members must be registered)

BOWLING

- ☐ SINGLES
- ☐ DOUBLES Partners Name _____ Age _____
- ☐ MIXED DOUBLES Partners Name _____ Age _____

WAIVER

IN CONSIDERATION OF THE GRANTING OF THE REQUEST TO ENTER THE DC SENIOR GAMES. I, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL PARTICIPATING SPONSORS FROM ALL CLAIMS OF DAMAGES, DEMANDS OR ACTIONS WHATSOEVER IN ANY MANNER AS A RESULT OF MY PARTICIPATION IN SAID DISTRICT OF COLUMBIA SENIOR GAMES. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT AND MY PHYSICAL CONDITION HAS BEEN VERIFIED BY A LICENSED MEDICAL DOCTOR.

SIGNATURE: _____ DATE: _____

EMERGENCY CONTACT _____ PHONE: _____

PLEASE BE SURE TO SIGN AND COMPLETE ALL SECTIONS